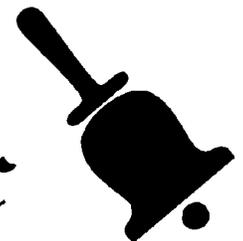


SEEKONK HUMAN SERVICES



Town Courier

320 Pleasant Street ~ Seekonk, MA ~ 508-336-8772

Seekonk Human Services

Monday through Thursday 8:30am-4:30pm • Wednesdays at Town Hall (5pm-7pm) • Friday 8:30-12:30

FEBRUARY 2011



VALENTINE PARTY



February 2, 2011

10:00 AM @ Seekonk Human Services
A delicious lunch of beef stew, fresh bread
& dessert will be available for \$3.

Please bring in photos of your wedding and
we will try and guess who you are.

Prizes will be given out.

Please sign up at 508-336-8772 for lunch.

MASSACHUSETTS TAX RELIEF FOR SENIORS

Tax Return Appointments – Every Thursday beginning February 3rd @ Town Hall

The Circuit Breaker tax credit is a state income tax credit for certain Mass. Residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and eligibility requirements. The maximum credit for tax year 2010 is \$960. What are the income limits?

*Your total income cannot be greater than these limits for the 2010 tax year.

\$51,000 single

\$64,000 head of household

\$77,000 married filing jointly

The assessed value of the home cannot exceed \$764,000

Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

How do I apply?

You must file a Massachusetts state income tax return to claim the Circuit Breaker Credit, whether or not you normally file a state tax return. You must include Schedule CB, Circuit Breaker Credit, with Form 1. A tax representative will be at the Town Hall starting February 3rd to help you file the circuit breaker tax credit along with your Massachusetts income tax return.

Appointments will be held every Thursday at the Town Hall between 9:00 – 11:00 beginning February 3rd. Please call Seekonk Human Services at 508-336-8772 to make an appointment. Please bring the following with you to your appointment:

- A copy of last year's tax return
- Water & sewer charges paid to the Town of Seekonk Form W-2
- Wages
- 4 Real estate tax bills PAID in 2010
- Any 1099 Forms you may have
- Any abatements or adjustments
- Any 2010 Public assistance ie: fuel assistance or food stamps
- Stimulus payments
- Purchase of a car – tax credit

EXPLORATION WEDNESDAY'S

February 9, 2011 • 10:00 am

@ Seekonk Human Services

Kristen Haworth, Physical Therapist and master's candidate at UMASS Amherst will teach an exercise class geared toward balance. There are ways of preventing disease, disability and dysfunction. Kristen is the Rehab Director at Gentiva Health Services in Fall River. This sounds like an interesting and informative class. Lunch of pizza & salad will be available after the presentation for \$3. Please call 508-336-8772 to sign up for lunch.

EXPLORATION WEDNESDAY'S

10:00 AM @ Seekonk Human Services

March 2, 2011

“Boston Walk-In Bath” • FREE Lunch
Must attend the presentation

March 9, 2011

“Keeping Your Identity Safe”(VNA) • Lunch \$3
Venus DeMilo Soup, bread & fruit

March 17, 2011

“St. Patrick’s Day Party” • Lunch \$3
Corned beef, cabbage, potatoes, carrots

March 30, 2011 “Senior Scam Awareness”

Lunch \$3 Chowder, tuna sandwiches

Please call 508-336-8772 to sign up for any of the
above lunches. Payment must be received
in advance of the event.

**WOMEN'S BREAKFAST****February 2, 2011 – 8:30 AM****Mary Beth DeLeo's Restaurant**

Women – you are invited to join us for a delicious
breakfast on the first Wednesday of every month. No
reservations are required – just come and enjoy. There
is no set amount for breakfast, the cost is up to you.
You are also welcome to bring a friend with you.

MEN'S BREAKFAST**February 10, 2011****8:30 am @ Brothers Seafood Restaurant**

Speaker: Brian McKearney will give a presentation
to the men on “Scams”. Men of all ages are welcome
to attend and no sign up is required. Bring a friend

with you to enjoy a delicious breakfast and a great
speaker. There is no set price for breakfast – the cost
is up to you.

A WATER DEPARTMENT TOUR HAS BEEN
SCHEDULED FOR MARCH 10, 2011 FOLLOWING
THE MEN'S BREAKFAST. YOU ARE RESPON-
SIBLE FOR YOUR OWN TRANSPORTATION TO
THE WATER DEPARTMENT.

**CARDIAC PREVENTION CLINIC****February 16, 2011****9:00 am – 12:00 Noon**

Seekonk Human Services holds a FREE clinic on the
3rd Wednesday of every month. This clinic is staffed
by the same two exceptional nurses from South Coast
Hospital who have been doing this clinic for several
years. Why not take advantage of a FREE opportunity
to check your cholesterol, glucose and blood pressure.
While you are waiting you may ask the nurse about
any concerns you may have or any medications you are
taking. No appointment is necessary, it is first come,
first served. This clinic is a perfect way to monitor
your health each month.

TRIAD**February 23, 2011 @ 10:00 AM****Seekonk Human Services**

Marcie Pina-Christian from the Attorney General's
Office will give a presentation on “Consumer Guide
to Buying”. All are welcome to attend and if you
would like to stay for lunch we will be having French
Meat Pie. The cost is \$3 and is payable in advance.
Please call 508-336-8772 to sign up for lunch.

THE MONTHLY NEWSLETTER IS NOW ON LINE. * The Town Crier website link is www.seekonk-ma.gov
Click on Departments. **Click** on Human Services

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BOOK CLUB

@ Seekonk Human Services
Monday, February 14, 2011
9:30 am – 11:00 am

Everyone is welcome to join our new book club which will be held on the 2nd Monday of every month. Coffee and pastries will be available.

February 14, 2011

“Sarah’s Key” by Tatiana de Rosnay

March 14, 2011

“The Glass Castle” by Jeanette Walls

If you have any questions, you may call Karen Stutz at 508-336-8772.

PITCH (HI-LO-JACK)

February 9th & February 23rd
March 9th & March 16th
@ Seekonk Human Services
12:30 – 2:30

Come join the fun. Why not enjoy an afternoon playing cards with a great group of people. No sign up is required and pastry and coffee is available. If you have any questions you may call 508-336-8772.



CHEF ON A SHOESTRING

Tuesday’s in February
 1:45 – 3:15 @ Seekonk Human Services

Student chefs from Johnson & Wales give a cooking demonstration of recipes that are both economical and nutritious for one or two people.

Classes will be held for six weeks and are \$3 for each class. You may sign up for one class or as many as you wish. Please speak to Karen Stutz at 508-336-8772 to register. A sample of everything that is cooked will be available to bring home each week by class participants. This class is very popular, class size is limited.

KNITTING CLASS

Monday’s @ Seekonk Human Services
12:30 – 2:30

Ladies! You are welcome to join the knitting group on any Monday afternoon. Please bring your own knitting needles if you have them, yarn is provided. The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes.

If you are interested in “Knitting for the Needy” please feel free to drop in with your knitting needles or just to see what the group is all about.

YARN IS ALWAYS NEEDED!!! PLEASE DROP OFF AT SEEKONK HUMAN SERVICES OR CALL 508-336-8772 IF YOU NEED IT PICKED UP.



TRIAD

March 23, 2011 @ 10:00 am
Seekonk Human Services

Attorney Michelle Beneski will be at Human Services to speak on Elder Law.

Come and learn what you need to know regarding Medicaid, Nursing Homes and anything that is relevant to senior citizens and their families. After her presentation, there will be time for you to ask questions.

Lunch is \$3 and includes pasta with meat sauce and salad. Coffee and pastry is also available before her presentation. Please pay for your lunch in advance. You will need to sign up at 508-336-8772 for lunch.

APRIL 27TH TRIAD Bob Grinham will speak on Reverse Mortgages

PRESCRIPTION ADVANTAGE

Are you having trouble affording the premiums, co-payments, or “donut hole” costs for your prescription drugs? Massachusetts has a state prescription assistance program called Prescription Advantage to help limited income seniors and low income disabled persons under 65 cover their prescription drugs. Membership in Prescription Advantage also entitles you to change your prescription drug plan once a year at any time of the year. To determine whether you are eligible for Prescription Advantage, call Seekonk Human Services @ 508-336-8772 to make an appointment with a SHINE counselor.



FEBRUARY 2011

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Aerobics 11:30 - 12:30 Chef on a Shoestring 1:45-3:15 Swansea Mall 9-1</p>	<p>2 Women's Breakfast 8:30 am YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>3 Bridge Club 12:30 - 2:30 Intergenerational Art Class 9:30</p>	<p>4 Bingo 1:00 (Commons) YMCA Programs 9-10:30 Aqua Aerobics 9:45 - 10:30 am Arthritis Water Exercise 9-9:45 am</p>
<p>7 Arthritis Water Exercise 9-9:45 AM Aqua Aerobics 9:45-10:30 AM "Sit to be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM</p>	<p>8 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Aerobics 11:30 - 12:30 Chef on a Shoestring 1:45-3:15</p>	<p>9 Exploration Wednesday 10:00 am (Physical Therapist) Lunch \$3 YMCA programs 9:45 - 11:00 Pitch 12:30 - 2:30 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>10 Men's Breakfast 8:30 am (Brothers Seafood Restaurant) Intergenerational Art Class 9:30 Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30 Price Rite 9-10:30</p>	<p>11 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Blood Pressure Clinic (Commons) (11:30 - 1:00) Bingo 1:00 (Commons)</p>
<p>14 BOOK CLUB 9:30 - 11:00 Arthritis Water Exercise 9-9:45 AM Aqua Aerobics 9:45-10:30 AM "Sit to be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM</p>	<p>15 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 - 11:30 Aerobics 11:30 - 12:30 Chef on a Shoestring 1:45-3:15 Wal*Mart/Target 9-10:30</p>	<p>16 Cardiac Prevention Clinic 9-12 YMCA programs 9:45 - 11:00 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>17 Intergenerational Art Class 9:30 YMCA Water Walking 8:30-9:30 am Aerobics 11:30 - 12:30 Bridge Club 12:30 - 2:30</p>	<p>18 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
<p>21 PRESIDENT'S DAY HOLIDAY  ABRAHAM LINCOLN The 16th U.S. President 1808-1865</p>	<p>22 "Water Walking" 8:30-9:30 am (YMCA) Art Therapy 9:30 Chef on a Shoestring 1:45-3:15</p>	<p>23 TRIAD 10:00 am ("Attorney General's Office") Lunch \$3 YMCA programs 9:45 - 11:00 Pitch 12:30 - 2:30 Evening Aqua Aerobics 6:45-7:30 PM Stop & Shop 8:30 - 9:30</p>	<p>24 YMCA Water Walking 8:30-9:30 am Bridge Club 12:30 - 2:30</p>	<p>25 YMCA Programs 9-10:30 "Arthritis Water Exercise" 9-9:45am "Aqua Aerobics" 9:45-10:30 am Bingo 1:00 (Commons)</p>
<p>28 Arthritis Water Exercise 9-9:45 Aqua Aerobics 9:45-10:30 "Sit To Be Fit" 11-11:45 Knitting 12:30 - 2:30 YMCA Aqua Aerobics 6:45-7:30 PM</p>	<p>NOTES:</p>  <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>			

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GOLDEN PASS

Any senior citizen who resides in Seekonk is eligible to obtain a Golden Pass from Seekonk Human Services. This will allow you to attend all Seekonk School functions such as plays, sporting events and concerts at reduced rates. You may get your pass at Seekonk Human Services, 320 Pleasant Street, 2nd floor.



GATRA PHOTO ID'S

YOU MUST FILL OUT AN APPLICATION AND MAKE AN APPOINTMENT by calling Stacey at GATRA at 1-508-222-6106 ext. 273. The representative will not be at Human Services if she doesn't have any appointments. This is a great opportunity for anyone who needs a photo ID to get one in town, rather than travel to Taunton. The cost is only \$3 and you will receive it in the mail within a couple of weeks.



ART THERAPY
February 8 – March 15

Oil paint is used as a medium and you are responsible to bring your own supplies with you to class.

There is very limited space in this class. For more information please call Phyllis Corbitt at 508-336-8772.

GATRA TRANSPORTATION

1-800-483-2500 DIAL-A-RIDE

CASH FARES EACH WAY:

Seekonk to Attleboro.....	\$1.25
Seekonk to East Providence	\$1.25
Seekonk to Rehoboth.....	\$1.25
Seekonk.....	\$1.25
Seekonk to Providence.....	\$2.50
Seekonk to Pawtucket.....	\$2.50
Seekonk to Barrington (upon availability).....	\$2.50

Any towns outside of these areas will be upon availability.

Passes: 10 – Ride Ticket.....\$10.00

You can purchase a GATRA ticket at Seekonk Human Services or you can pay cash on the van. Tickets cannot be purchased on the van. If you are homebound and need a ticket please call Human Services @ (508) 336-8772.

GO SHOPPING WITH GATRA

Shopping trips are being offered by GATRA for any senior citizen or disabled person who resides in Seekonk. The GATRA van will be picking you up at your home, but you must call 1-800-483-2500 to schedule your pick-up time.

Swansea Mall1st Tuesday of every month 9:00 – 1:00

Wal*Mart/Target.....3rd Tuesday of every month
9:00 – 10:30

Grocery Shopping.....Wednesday's at Stop & Shop8:30 – 9:30

Grocery Shopping.....Price Rite 9:00 – 10:30
(2nd Thursday of month)

* Rides will be FREE until further notice.

Any senior or disabled person who resides in Seekonk is eligible to ride on the van. Call GATRA at 1-800-483-2500 for an application if you have never taken the van before.

* NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioner. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its' employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

SEEKONK HUMAN SERVICES STAFF

CENTER HOURS

***Monday - Thursday**
8:30am - 4:30pm

Wednesdays
at Town Hall
5:00pm – 7:00pm
at Town Hall

***Friday**
8:30 am - 12:30 pm

TELEPHONE:
(508) 336-8772

FAX:
(508) 336-2239

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Editor: Town Crier, Art Therapist

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Karen Stutz ext. 14
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Veronica Brickley, LPN BA/SOC ext. 17

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